

## ABOUT THE WORKSHOP

Mindfulness—awareness of the present moment with acceptance—is a deceptively simple way of relating to experience that has been practiced for over 2,500 years to alleviate human suffering. Recently, mental health professionals are enthusiastically discovering that mindfulness holds great promise both for their own personal development and as a way to enhance therapeutic relationships. It is also the central ingredient in a number of new empirically validated treatments and is proving to be a remarkably powerful technique to augment virtually every form of psychotherapy.

### Day One

The first workshop day is designed to help you understand mindfulness practice theoretically and experientially. Through lecture, demonstrations, participatory exercises and small group discussion, we will see how mindfulness can enrich and enliven our lives both inside and outside of the therapy hour.

We will explore how mindfulness practice can help us deal with the personal challenges of living in an ever-changing, uncertain world. We will investigate the role of mindfulness in working with thorny existential issues such as loneliness, alienation, illness and loss. You will learn a variety of formal and informal mindfulness techniques and gain insights from both scientific and Buddhist Psychology into paths and obstacles to greater well-being.

### Day Two

Today we will focus on the integration of mindfulness practice into psychotherapy. First we'll examine how mindfulness practice can enhance therapeutic presence and transform understanding of the causes of psychological suffering. Special techniques for treating depression, anxiety, chronic pain, stress-related medical disorders and childhood distress will be introduced.

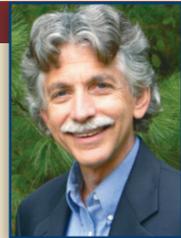
Throughout the workshop, we will examine contraindications for using mindfulness techniques, as well as creative ways to deal with the obstacles and challenges that arise when working with particular disorders and personalities. Upon completion, you will have a foundation for integrating this exciting, potentially transformative practice into both your personal life and your therapeutic work.

## WORKSHOP LEADER

**Dr. Ronald D. Siegel** is an Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 30 years. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel's personal recovery from disabling back pain led him to develop the Back Sense program; a step-by-step mind/body approach to treating chronic back pain which integrates Western psychological and medical interventions with mindfulness practice.

He is coauthor of the self-treatment guide *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain* and *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; coeditor of *Mindfulness and Psychotherapy, 2nd Edition* and *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*, with a foreword by the Dalai Lama; and author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*. Dr. Siegel is known as an engaging and entertaining presenter whose workshops regularly receive rave reviews.



## WORKSHOP OVERVIEW

### Day One

#### Mindfulness for Personal and Interpersonal Fulfillment

8:30 am Life is Difficult, for Everyone  
Mindfulness: What Is It And Why Should I Care?  
Cultivating Mindfulness: Formal and Informal Practice

10:15 am Doubt and the Self-Critical Mind  
Narcissism: Not Just a Character Disorder  
Mindfulness as an Antidote to Alienation

12:00 Noon *Lunch (on your own)*  
Optional Eating Meditation

1:30 pm Tracking the Flow of Connection and Disconnection with Others  
Developing Empathy for Annoying People Without Becoming a Saint  
Using Mindfulness to Enhance Intimate Relationships

3:15 pm Using Mindfulness to Tolerate Not Knowing  
The Problem with the Pleasure Principle  
How to Be Happy: Lessons from Science and Buddhist Psychology

4:30 pm Adjourn

### Day Two

#### Mindfulness-Based Clinical Interventions

8:30 am Common Elements of Mindfulness Practices  
Empirically Tested Mindfulness-Based Treatments  
Tailoring Mindfulness Techniques to Particular Patients

10:15 am Mindfulness for Parents and their Children  
Working with Depression: Entering the Dark Places Together  
Moving Toward Experience to Wake Up and Come Alive

12:00 Noon *Lunch (on your own)*  
Optional Eating Meditation

1:30 pm Overcoming Anxiety by Befriending Fear  
CBT on Steroids: The Wisdom of Insecurity  
Beyond Pain Management: Mindfulness in the Treatment of Chronic Pain

3:15 pm *Why Zebras Don't Get Ulcers: Our Evolutionary Design Flaw*  
Using Mindfulness to Treat Stress-Related Disorders  
Psychophysiological Disorders as Doors to Personal Development

4:30 pm Adjourn

Speakers periodically update workshops based on attendee feedback - please see website for current agenda.

Note: Speaker/planner conflict-of-interest disclosures are available on our website.

Please check prior to registering.

RECORDING OF THIS WORKSHOP IS NOT PERMITTED.

**Guarantee: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IBH requesting a refund. Your money will be refunded upon receipt of your written request.**

DON'T MISS THE WEBCAST!

# THE POWER OF MINDFULNESS

## Mindfulness Inside & Outside The Therapy Hour

Ronald D. Siegel, Psy.D.

Institute for the Advancement of Human Behavior  
Institute for Better Health  
PO BOX 5527, Santa Rosa, CA 95402

Non-Profit Org.  
U.S. Postage  
PAID  
Twin Cities, MN  
Permit No. 1096

**R**onald Siegel, Psy.D., author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, teaches nationally about mindfulness, psychotherapy and mind body treatment. Highlights of this course include:

- Using mindfulness with depression, for parents, to enhance intimate relationships and more
- Mindfulness in the treatment of chronic pain and stress-related disorders
- Narcissism
- Lessons from science and Buddhist Psychology
- Common elements of mindfulness practice

LIVE WEBCAST APR 30 - MAY 1

### CAN'T MAKE IT TO THE WORKSHOP?

- Don't miss out, sign up for the live webcast!
- Ask questions to the speaker in real time
  - Access all workshop handouts and materials
  - Interact with other webcast participants

...All from the comfort of your own home- Sign up now!  
Webcast will be streamed Central Time at the times outlined in the schedule. To register and for complete details, visit [www.IBH.com](http://www.IBH.com)



DON'T MISS THE WEBCAST!



INNOVATIVE CLINICAL TRAINING FOR  
BEHAVIORAL HEALTHCARE PROFESSIONALS

# THE POWER OF MINDFULNESS

## Mindfulness Inside & Outside The Therapy Hour

DON'T MISS THE LIVE VIDEO WEBCAST!

Cover Photo by Joan Plagel

*"(Dr. Siegel's work) represents a landmark contribution to the emerging field of mindfulness-based interventions in psychology, psychiatry, and medicine."*

— JON KABAT-ZINN, PH.D.

Ronald D. Siegel, Psy.D.

March 8-9, 2018 | Philadelphia, PA

March 12-13, 2018 | Ann Arbor, MI

Apr 30- May 1, 2018 | Bloomington, MN

Earn 12 CE/CME Credit Hours | Space is limited. REGISTER EARLY!

## REGISTRATION FORM (SIEGEL)

- March 8-9, 2018 | Philadelphia, PA   
  March 12-13, 2018 | Ann Arbor, MI  
 Apr 30 - May 1, 2018 | Live Webcast   
  Apr 30 - May 1, 2018 | Bloomington, MN

Name \_\_\_\_\_ Degree \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_\_) \_\_\_\_\_

Email Address (REQUIRED) \_\_\_\_\_

Profession(s): Please provide your profession and license number(s).

Profession \_\_\_\_\_ License(s)# \_\_\_\_\_

*If you are physically challenged and have special needs, please contact IBH as soon as possible. All meeting rooms are wheelchair accessible.*

### Registration Fees Register online and save \$10 with discount code IBH10

- \$347 Early Registration (Must be postmarked at least 14 days prior to workshop)  
 \$377 Regular Registration (Must be received by noon the day prior to workshop)  
 \$397 On-Site Registration (If space is still available)  
 \$200 Workshop aide (Please e-mail for approval. No other discounts apply.)

### Live Webcast Registration Fees

- \$337 Webcast Registration: Apr 30-May 1, 2018 (Must be received by noon the day prior to workshop)

### Discounts

- Groups:** Deduct \$50.00 (Three or more registrations received together)  
 **Full-time Students:** Deduct \$60.00 (Proof of student status must accompany registration)  
 **Alumni:** Deduct \$75.00 (Must have attended an IBH workshop during the past 12 months)

TOTAL PAYMENT ENCLOSED (U.S. funds)  
 Payment must accompany registration.

### Method of Payment

Check enclosed made payable to IBH  
 Card # \_\_\_\_\_ CVV# \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_  
 Cardholder name \_\_\_\_\_  
 Signature \_\_\_\_\_

**ELIGIBILITY: This program is open to professionals and advanced students in health-related fields. Laypersons with interest in the topic are also invited to attend.**

**Mail Completed Form To:**  
**IBH | P.O. Box 5527 | Santa Rosa, CA 95402**  
**Register by Phone, Fax or Online:**  
**PHONE (800) 258-8411 | FAX (707) 755-3133 | www.IBH.com**

## WORKSHOP INFORMATION

**March 8-9, 2018**  
**Sheraton Philadelphia University City Hotel**  
 3549 Chestnut St  
 Philadelphia, PA 19104  
 (215) 387-8000

**March 12-13, 2018**  
**Sheraton Ann Arbor Hotel**  
 3200 Boardwalk Dr  
 Ann Arbor, MI 48108  
 (734) 996-0600

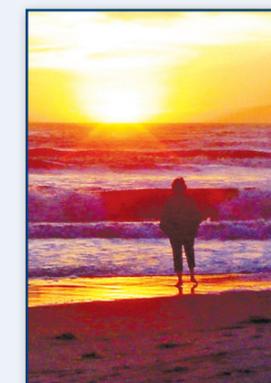
**2018**  
**Apr 30 - May 1**  
**LIVE WEBCAST**

Streamed live Central Time  
 As outlined in the schedule.  
 For complete details,  
 Visit [www.IBH.com](http://www.IBH.com)

**Apr 30- May 1, 2018**  
**Embassy Suites Bloomington**  
 2800 American Blvd W  
 Bloomington, MN 55431  
 (952) 884-4811

## WORKSHOP OBJECTIVES

### UPON COMPLETION OF THIS DYNAMIC WORKSHOP, PARTICIPANTS WILL BE BETTER ABLE TO:



- **DESCRIBE** the three core components of mindfulness practice
- **DEMONSTRATE** an experiential understanding of mindfulness through participation in actual practice sessions
- **SPECIFY** how a therapist can best choose which mindfulness exercises are most appropriate for which individuals
- **DESCRIBE** the core attitude toward experience found in depression and how mindfulness practice can help to transform it
- **INDICATE** the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice
- **IMPLEMENT** mindfulness-based interventions for chronic back pain and other psychophysiological disorders
- **DISCUSS** ways to assist clients to integrate mindfulness practice in their own lives
- **DESCRIBE** research that provides empirical support for the use of mindfulness in therapy

### DISCOUNTS

*Must be noted on original registration (one discount per person on two-day registration only)*

- >> Groups: Organize a group of three or more and save! Mail your registrations together and deduct \$50 from each.  
 >> Full-time students: Deduct \$60 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.  
 >> Alumni: If you have attended an IBH workshop in the last 12 months, you may deduct \$75 from your tuition.

### CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No refunds will be issued within 7 days of the workshop. If IBH cancels a workshop, tuition will be refunded in full.

### WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. Register as an aide by emailing [staff@IBH.com](mailto:staff@IBH.com) to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

## CONTINUING EDUCATION

*The Institute for Better Health (IBH), formerly IAHB, has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:*

**Alcoholism & Drug Abuse Counselors:** IAHB is approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #92713) for 12 CEHs. Provider approved by CCAPP-EI, Provider #4N-86-074-0119 for 12 CEH'S.

**CEAPS:** This course has been approved by the Employee Assistance Certification Commission (EAPA/EACC) for Domain III. Approval # VKIBHE0817-L13.

**Counselors and MFTs:** IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. Institute for the Advancement of Human Behavior, Inc. (IAHB) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 12 contact hours. This course has been submitted to the Minnesota Board of Marriage and Family Therapy for approval. Approval pending.

**Educators:** The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESP/PSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

**Nurses:** The Institute for Better Health accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 12.0 contact hours.



**Physicians:** The Institute for Better Health (IBH) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists:** The Institute for Better Health (IBH) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IBH maintains responsibility for the program and its content.

**Social Workers:** The Institute for Better Health (IBH), #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. The Institute for Better Health maintains responsibility for the program. ASWB Approval Period: 3/16/2017 - 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12 clinical continuing education clock hours. As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. Institute for the Advancement of Human Behavior, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. Social workers may earn 12 contact hours.

**Note: You must attend in full to earn CE credit. No partial credit will be awarded. Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.**

## IBH EDUCATIONAL MATERIALS

**TO ORDER:** Complete this form indicating your selections. Mail it with payment to IBH, PO BOX 5710, Santa Rosa, CA 95402. Orders can only be shipped to your street address (no PO Boxes). Please allow 1-2 weeks for delivery. Detailed descriptions of these and other IBH educational materials and homestudies may be found on our website, [www.IBH.com](http://www.IBH.com). The product formats (Book, CD, DVD) are listed within the descriptions below. Some products are approved for CE hours. Please visit our website for information on how to obtain CE credits. Please review before purchasing.

	Quantity	Amount
<b>The Mindfulness Solution Everyday Practices for Everyday Problems</b> <i>Ronald Siegel, Psy.D. (Book)</i> Mindfulness offers a path to well-being and tools for coping with life's inevitable hurdles. Dr. Siegel shows exactly how in this inviting guide. You'll get effective strategies to use while driving to work, walking the dog, or washing the dishes, plus tips on creating a formal practice routine to fit virtually any life style.		<b>\$16.95</b>
<b>Advanced Mindfulness Techniques that Change the Brain</b> <i>Donald Altman, M.A., LPC (DVD- CE Available*)</i> Learn the newest research about the neuroscience of mindfulness, in addition to a deeper understanding of how mindfulness works for clinical disorders.		<b>\$169.99</b>

	Quantity	Amount
<b>Harnessing Mindfulness in Clinical Practice</b> <i>Ronald Siegel, Psy.D. (DVD- CE Available*)</i> Learn how to use mindfulness practices to help resolve anxiety, depression, stress-related medical disorders, and even interpersonal conflicts. You will also see how understanding their neurobiological effects can enhance treatment and you will gain practical knowledge and skills that will take your practice of mindfulness based psychotherapy to the next level.		<b>\$169.99</b>
<b>Trauma Treatment: Psychotherapy for the 21st Century</b> <i>Bessel van der Kolk, M.D., and others* (DVD- CE Available*)</i> The world's leading trauma researchers and clinicians share their knowledge on the nature of trauma, the impact it has in the human condition, and the most effective clinical interventions.		<b>\$99.99</b>
<b>EMDR and Beyond: The Trauma Power Therapies</b> <i>Bessel van der Kolk, M.D., and others* (DVD- CE Available*)</i> Watch Laurel Parnell, David Grand, Bessel van der Kolk, and 8 other experts* describe the tremendous power of EMDR and related trauma treatments. Topics include EMDR, Somatic Experiencing and Brainspotting and other approaches to trauma treatment.		<b>\$59.99</b>
<b>Mindfulness, Healing and Transformation</b> <i>Jon Kabat-Zinn, Ph.D. (DVD- CE Available*)</i> Jon Kabat-Zinn reminds us that we deal "with the full catastrophe of the human condition" and that, as professionals, we need to make sure that we take care of ourselves so that we are at our best, which in turn brings out the best in our clients every day.		<b>\$34.99</b>
<i>*Please see <a href="http://www.IBH.com">www.IBH.com</a> for a complete list of speakers, CE info, and detailed descriptions of these programs.</i>		
<b>Shipping and handling: 1 item \$7.00, each add'l item \$2.00</b>		
<b>Subtotal</b>		
<b>CA residents add local sales tax</b>		
<b>Total (US dollars)</b>		

*Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.*

SIE8A

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Check payable to IBH  
 Card # \_\_\_\_\_ CVV# \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Cardholder \_\_\_\_\_